

**Unit 1: From Legend to History**  
**Diagnostic Test 1****MULTIPLE CHOICE**

*Read the selection. Then, answer the questions that follow.*

Nature can appear to be deceptively changeless, but it is not standing still. Erosion and weathering cause many alterations in the natural world, and can wear away even the largest boulder. Some changes take place over the course of years, even centuries, while others can take place instantaneously.

The process of weathering breaks down rocks, and erosion can transport weathered rock from place to place. These two processes often affect rocks so gradually that the changes are imperceptible for decades, centuries, or even millennia. Waves that beat against a boulder on a beach carry small fragments of rock and shell, and the wind that whips across a rock's surface can carry particulate matter, either of which can erode the boulder. Corrosive chemicals in rainwater can also eat away at a rock, gradually diminishing the size of the boulder over time.

Nature can often seem impatient, however, and sometimes rapid and dramatic changes will take place. For example, most boulders have microscopic fissures that trap water, and if the temperature drops to freezing, this water will turn to ice. Water expands when it freezes, causing these fissures to expand. Over time, the recurring process of freezing and thawing weakens the rock. The rock will eventually fracture, shattering into two or more pieces. Thus, the enormous boulder becomes two large rocks, each of which appears deceptively indestructible.

1. How is nature deceptive in its appearance?
  - A. Nature can seem calm but be deceptively violent.
  - B. Nature looks changeless, but is constantly changing.
  - C. Nature is not as beautiful as it appears to be.
  - D. The seasons are changing and things are growing.
2. What are the main causes of change in nature?
  - A. wind and waves
  - B. violent storms and whipping winds
  - C. weathering and erosion
  - D. water and wind
3. Which of the following is the best description of what happens when rocks weather?
  - A. They break down into smaller pieces.
  - B. They split in half.
  - C. They grow older.
  - D. They turn a gray, weathered color.
4. Which of the following is the best description of what happens during erosion?
  - A. Boulders split in half.
  - B. Rocks break down.
  - C. The wind whips against rocks.
  - D. Pieces of rock are carried away.
5. Which of the following is one possible explanation for how a large boulder might be worn away over time?
  - A. Water runs down over the boulder, forming cracks.
  - B. Waves and wind carry small particles that wear down the boulder.
  - C. Hard rain eats away at the surface of the boulder.
  - D. Wind whips against the boulder, carrying away large pieces.

6. What can happen when water is trapped in cracks in boulders?
- A. It can cause microscopic fissures in the face of the boulder
  - B. It can gradually wear away the boulder, causing it to split in half.
  - C. It can freeze and expand, causing cracks to grow larger.
  - D. It can be stored for long periods and be a source of water for small creatures.
7. What role can ice play in causing sudden changes in nature?
- A. Water that freezes in cracks in a rock can cause the rock to suddenly fracture.
  - B. Ice can form suddenly, causing rocks and boulders to erode.
  - C. Ice can suddenly melt, freeing rocks and water that erode the land.
  - D. As water freezes and turns to ice, it can expand in the cracks of rocks.
8. Which of the following is a good example of nature's deceptive changelessness?
- A. a tall oak tree that is fully grown
  - B. mountains that wear away over millennia
  - C. a storm on the ocean
  - D. the four seasons of the year

*Read the selection. Then, answer the questions that follow.*

Modern psychotherapists sometimes use poetry therapy to treat their patients. This therapy employs poetry for healing or personal growth. People who are infirm or in poor health can benefit from poetry's rich language in numerous ways. For example, reading poetry helps them deal with difficult emotions, and composing their own poetry helps them to explore deep feelings. A conscientious therapist carefully selects the most appropriate poems for each patient. One person might flourish by reading poems about strong emotions, such as anger, fear, and jealousy, while another patient might be disturbed by these poems.

Poetry therapy often occurs in groups, with each member sharing his or her own writing. This route takes the participants on a path toward understanding themselves and creating a sense of shared community. For writers in a poetry therapy group, the goal is not to create a poem that will dazzle readers by amazing them with the writer's brilliance and craft. Instead, these writers hope their poems will share feelings and ideas that can be difficult to express in other ways. In our daily life, we are often restricted by rules and regulations. Society confines our creativity the way a belt cinches in a wide waist. Writing poetry can become a wonderful release, like unbuckling a too-tight belt and breathing freely for the first time.

9. How do psychotherapists use poetry?
- A. to inspire themselves
  - B. to encourage creativity
  - C. to inspire their patients
  - D. to help patients heal
10. What kind of people benefit from poetry therapy?
- A. the mentally disturbed
  - B. the infirm or those in poor health
  - C. people who like poetry
  - D. people who write poetry
11. How might reading poetry help patients?
- A. It helps patients become more cheerful.
  - B. It helps them express their emotions.
  - C. It helps them deal with difficult emotions.
  - D. It helps them flourish intellectually.

12. How might writing poetry help patients?
- A. They can explore their deepest feelings.
  - B. They will only compose poems they like.
  - C. They can communicate with others.
  - D. They may discover an inner talent.
13. Why is it important to choose appropriate poems for patients?
- A. Not everyone likes the same kind of poetry.
  - B. Some people may be disturbed by poems about strong emotions.
  - C. Some people can be helped only by certain types of poems.
  - D. Some poetry may be distasteful to certain types of people.
14. Why is group poetry therapy helpful?
- A. It teaches people to appreciate the poetry of others.
  - B. It helps patients understand themselves and gain a sense of community.
  - C. It awakens the creative aspects of a patient's personality.
  - D. It helps people start on a path to finding a new-shared community.
15. How do writers of poetry benefit from poetry therapy groups?
- A. They learn to become part of a shared community.
  - B. They gain practice in writing brilliant poetry that can dazzle readers.
  - C. They can give one another immediate feedback on their work.
  - D. They share feelings and ideas that are difficult to express in other ways.